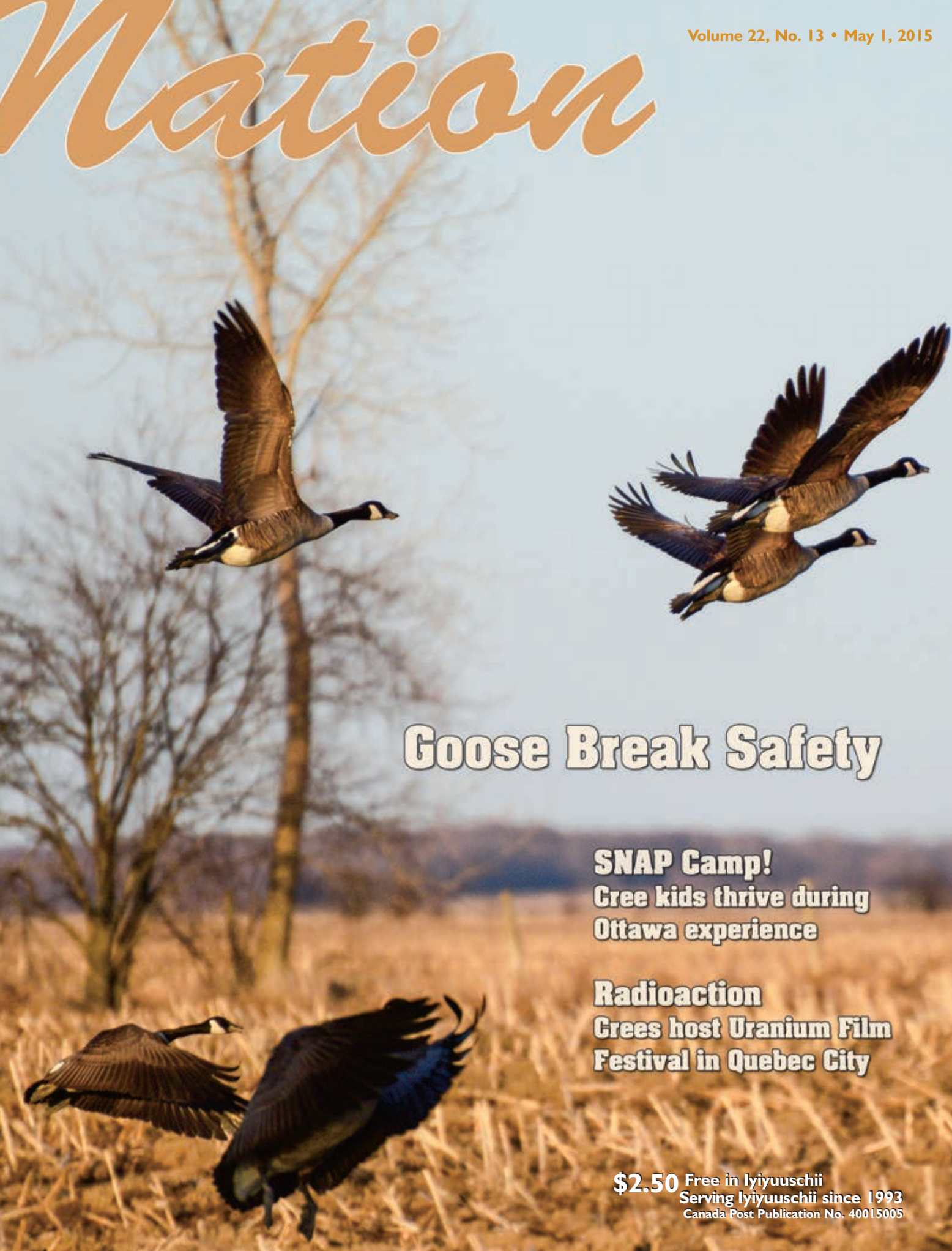
Nation

Volume 22, No. 13 • May 1, 2015



Goose Break Safety

SNAP Camp!
Cree kids thrive during Ottawa experience

Radioaction
Crees host Uranium Film Festival in Quebec City

$2.50 Free in Iyiyuuschii
Serving Iyiyuuschii since 1993
Canada Post Publication No. 40015005

WORKING TOGETHER FOR SAFER AND ENGAGED COMMUNITIES

You want to make a real difference in the lives of your community members?

The Cree Nation Government Department of Justice and Correctional Services (DOJCS) will work with you!

If you have a project that could help make your community a better place, you may receive funding from one of our

4 NEW FUNDS

CRIME PREVENTION FUND

Prevent and combat crime and support the creation of safer communities

CORRECTIONS FUND

Support rehabilitation and reintegration of Cree offenders

YOUTH ENGAGEMENT FUND

Empower the Cree youth while promoting their general welfare

LAND BASED CAMPS FUND

Build land based camps for us to support justice-related activities and rehabilitation of Cree offenders

Through these funds, the DOJCS provides financial assistance to community members willing to implement initiatives that facilitate and improve the administration of justice for the Crees across Eeyou Istchee.

These funds complement existing services and programs, funded by governments or other sources.

Note that all projects must incorporate Cree culture, values and traditions.

Be engaged. Make a difference.

For more information and application forms, please visit the DOJCS website at: http://creejusticefunds.ca

APPLICATION DEADLINE: MAY 15, 2015

editorial

Happy Mother's Day

by Will Nicholls

I don't think there is a culture on this planet that doesn't honour their mothers. Though the modern Mother's Day is relatively new, hundreds of years ago both the Greeks and the Romans had festivals honouring motherhood.

It is only in the past few generations that men have been part of the birthing process. Of course every man has been present for at least one birth… his own.

Myself, I have been present at the birth of both of my sons (no daughters yet!). I have nothing but awe at what mothers go through to have children. It has also given me an idea of the closeness mothers feel for their children.

We all know what mothers feel and go through raising their children. They are the most forgiving people on the planet. It seems no matter what you do your mother still loves you and wants the best for you. They give far more than they receive and most times we do not even realize that.

Most babies' first words are mama or a variation of that. But there are different ways to say you're a mother on your resume according to The Stir website:

1. Household CEO
2. Masters & PhD in Patience
3. Familial Law Enforcer
4. Non-TV Activity Coordinator
5. English Language Educator
6. Playground Medic
7. President of Waste Management
8. Fast Food Chef
9. Tantrum & Meltdown Negotiator
10. Search & Rescue: Small Plastic Pieces Unit
11. Chief Monster Hunter
12. College Application Adviser
13. Doll Doctor
14. Archaeologist Specializing in Under Bed and Inside Closet Digs
15. Teen Sex Counsellor
16. Spiritual Leader
17. Backyard Safety Commissioner
18. Toy Repair Specialist
19. Art Critic
20. Philanthropist for Little People's Arts & Music
21. Teenage Dating Expert
22. Chief Drug Counsellor
23. Anger Management Specialist
24. Toddler Tantrum Wrestling Champ
25. Play date Social Secretary
26. CEO, Department of Make Believe
27. Manners Expert
28. Personal Shopper
29. Fashion Stylist & Consultant
30. Professor, Imagination Studies
31. Sleep Scientist (work mostly night shifts)
32. Teen Angst Psychoanalyst
33. Captain, Soccer Mom Cheerleading Squad
34. Dental Hygienist
35. Tooth Brushing Instructor
36. Keeper of Top Secret Secrets (pinkie swear!)
37. Personal Chauffeur & Expert Driver
38. Hairstylist (specializing in pigtails and wiggly clients)
39. Birthday Party Planner
40. President of (Insert Your Kid's Name Here) Fan Club

All are valid as mothers do so many things and more. We should all be grateful for the role that mothers play in our lives – all year long.

Mom, I love you and am thankful for what you have done to make me the person I am today. To my wife Amy, thank you for being the mother you are to Hunter.

To all mothers have a very happy Mother's Day. You deserve it! We should all make sure it is a special day for the mothers in our lives.

Contents

editorial
- Happy Mother's Day 3

rez notes
- Living the good life in O-J 4

news
- Banking the wealth 5
- Safety tips 7

features
- SNAP Camp! 10
- Uranium Film Festival 15
- Boat show 18
- Nutrition North questioned 21
- The Odeyak's anniversary 24
- Healthier Mother's Day treats 28

UTNS
- Back in the game 34

photo by
Jacko Otter
Rezdude.ca

rez notes

Living the good life in O-J

by Joshua Iserhoff

I very much enjoyed my time at the newly renovated Capissisit Lodge in Oujé-Bougoumou recently. It is all class – magnificent.

Since it is still under construction, sometimes things might not have gone as smooth at a well-established hotel. But our dear friend, new manager John Boudrias (yes, the singer!) and staff were eager to help us with our needs. I am sure when the grand opening happens, all will run as smooth as silk.

If you do not know me well, one thing you should know is that I appreciate presentation. Presentation is key followed by a good reception. A good reception at any establishment, house or board meeting always makes one feel good.

If it is not pleasant or well put I am not interested, but I am always eager to help with my decadent fashion expertise. Congratulations to Oujé-Bougoumou's high-end hotel, almost a boutique hotel I say! For those of you who love modern style mixed with traditional concepts, you will be floored when you see the caribou accent at the reception. I am wondering if that touch is Anna and "husband" Bosum's donation to the lodge.

I am not done yet praising this hotel! I was able to see the master suite. I think I will request that specific room when I get married. It has two floors and a bath for two. How romantic would that be right after Goose Break? By the way, the hotel has a conference hall for any big event. Also, the hotel has a remarkable reception hall for a nice cocktail event. The view of the lake is breathtaking. These guys are thinking big!

Thinking and dreaming big for your community is the only way to go. The incredible investment in the Capissisit Lodge will be a big moneymaker for the community.

If you're reading this and if you're a member of any organization please book your next meeting here. It's the ideal location! I think I am doing some major PR but hey, when you are wowed, you have to share the experience.

By the time this issue hits the stands, the goose would have arrived at Puvugnituk. Not long ago, I was at Quebec City for the World Uranium Symposium. About 250 delegates from all over the globe gathered to ban uranium around the world.

I met wonderful passionate people and eccentrics. I befriended smart Inuit ladies such as Hilu Tagoona of Baker Lake in Nunavut, Kangiqsualujjuaq Mayor Hilda Snowball and Greenland's Opposition Leader, Sarah Olsvig of the Inuit Ataqatigiit party.

We shared the same passion, goose and no uranium. All of us were deeply touched when the world finally saw *The Wolverine*, an eight-minute film by Chisasibi director and (slightly aging) cool kid Ernie Webb.

And of course, I went into the ugly cry. I was so darn proud of the people. Jamie Moses is phenomenal as the star and Amanda T. Sam's sketches are exquisite. It is such a well-made film.

My dear friends and I later sat down to chat and we will continue to stand together to fight for our rights and protect our great and beautiful land. I am hoping that our next reunion will be in Oujé-Bougoumou for I know my lovely Inuit pals will absolutely love the chic hotel. I think I will go and roast a goose at Harriet's now. Talk soon.

the Nation is published every two weeks
by Beesum Communications
This paper contains 70% recycled materials

EDITORIAL BOARD
L. Stewart, W. Nicholls,
M. Siberok, N. Diamond, E. Webb
EDITOR IN CHIEF
Will Nicholls
DIRECTOR OF FINANCES
Linda Ludwick
IYIYUU AYIMUUN EDITOR
Brian Webb
COPY EDITOR
Lyle Stewart, Martin Siberok
STORY EDITOR
Amy German
PRODUCTION COORDINATOR
R. Mayer
CONTRIBUTING WRITERS
J East, J. Staniforth, J. Grant, A. German,
A. Levitas, J. Barde, J. Iserhoff, X. Kataquapit,
PHOTOGRAPHY
L. Stewart, A. German, N. Diamond,
R. Mayer, W. Nicholls, D. Valade
SALES REPRESENTATIVES
Danielle Valade, Lyle Brebner
DESIGN AND LAYOUT
R. Lawson
THANKS TO: Air Creebec
WHERE TO REACH US:
POSTMASTER:
The Nation PRODUCTION OFFICE
4529 CLARK, #403, MONTREAL, QC., H2T 2T3
EDITORIAL & ADS
TEL.: 514-272-3077, FAX: 514-278-9914
The Nation HEAD OFFICE
P.O. BOX 151, CHISASIBI, QC. J0M 1E0
www.nationnews.ca
E-MAIL ADDRESSES:
Editorial: nation@nationnews.ca
news@nationnews.ca
Ads: for Danielle Valade
ads@nationnews.ca
for Lyle Brebner
publicity@nationnews.ca
SUBSCRIPTIONS
INDIVIDUALS & INSTITUTIONS:
$60 PLUS TAXES, US: $90, ABROAD: $110
PAYABLE TO BEESUM COMMUNICATIONS
ALL RIGHTS RESERVED
PUBLICATION MAIL #40015005
ISSN #1206-2642
The Nation IS A MEMBER OF:
THE JAMES BAY CREE
COMMUNICATIONS SOCIETY,
CIRCLE OF ABORIGINAL
CONTROLLED PUBLISHERS,
MAGAZINES CANADA
QUEBEC COMMUNITY
NEWSPAPER ASSN.
CANADIAN COMMUNITY
NEWSPAPERS ASSN.
LES HEBDOS SÉLECT DU QUÉBEC
We acknowledge the financial support of the
Government of Canada through
the Canada Periodical Fund of the Department of
Canadian Heritage.
facebook.com/NATIONnewsmagazine
Twitter: @creenation_news

Banking the wealth

First Nations Bank of Canada is expanding its service to more communities

by Joel Barde

Canadian banks are famous for their enormous profits, even during tough economic times. From boardrooms in Toronto and New York City, executives set out policy that guides investment and personal finance.

Eeyou Istchee can feel like a world away.

Yet the services banks offer – the ability to safeguard savings, get a mortgage and cash cheques – are vital for day-to-day economic life.

That's one reason why the First Nations Bank of Canada is selling itself as a natural fit for Canada's First Peoples.

"It's a bank created for Aboriginal people by Aboriginal people," said CEO Keith Martell.

"The First Nations bank is 80% Aboriginal owned and operated and is primarily focused on serving Canada's Aboriginal market place. It currently boasts 12,000 customers, including 1,500 commercial clients, like Aboriginal entities and businesses."

Martell says that many banks see tremendous potential in Canada's First Nations and are vying for a market share. But they lack a true understanding of the specific needs of communities, many of which are rural and still operate in traditional languages.

"Lots of banks tried to focus on the Aboriginal market. But they fail to understand the socioeconomic situation of the communities or even the basic regulations surrounding taxation. And if you don't understand that, it's hard to meet the needs of the customers."

Martell says while Aboriginal communities represent a "sideline" opportunity to bigger banks, they have always been the focus of the First Nations Bank.

In addition to eight full-service branches, it operates four community-banking centres in remote First Nations communities.

Two recently opened up in Pond Inlet and Baker Lake, Nunavut, communities that have never hosted financial institutions. Martell says they play an important role in the communities, allowing people to have access to basic banking services.

These banks, he says, help foster business and save people from using expensive, non-bank, private cheque-cashing services, which charge large sums of money.

"Community banking centres are an example of our commitment to the Aboriginal market. We rec-

> "Most nations have their own financial institutions. Having access to capital gives you lots of social and economic options."

PLEASE JOIN US
Our very first
Eeyou Eenou Police Force
graduation in Eeyou Istchee.

The Quebec National Police Academy in collaboration with the EEPF, would like to invite everyone to attend the graduation of the 153rd Promotion - Police Technology AEC Program (Full-Fledged Recognition).

The ceremony will be May 14, 2015 11:00am at the Mitchuap Auditorium in Chisasibi. A feast to follow at the Mitchuap Banquet Hall.

Please RSVP Leanne Head at 819-855-2332
or leanne.head@eepf.ca

ognize that they are important to these communities," said Martell.

The Saskatchewan Indian Equity Foundation and TD Bank launched the bank in 1996. TD continues to hold a 20% stake, but Martell says it has been completely independent since 2009: TD has no special rights with regards to the bank's operations.

"They are actually our competitors in some markets," Martell joked.

The Cree connection to the bank also runs deep. Grand Chief Mathew Coon Come was a founding member of the bank. And since 2001, the Board of Compensation and the James Bay Eeyou Corporation have owned 16.5% of the bank.

It operates a full-service branch in Chisasibi and a community-banking centre in Nemaska.

Grand Council Executive Director Bill Namagoose currently sits on the board of the bank. He says having an independent Aboriginal-run bank is important for the Cree and other First Nations.

"Developing a financial institution is a form of nation building," said Namagoose. "Most nations have their own financial institutions. Having access to capital gives you lots of social and economic options."

He says that other banks can sometimes take First Nations business for granted and points to Chisasibi to illustrate his point.

People were calling on the CIBC to open up an ATM for years, he says. "And it was not until the First Nations bank opened that they finally put one in."

Martell says that he is excited about the massive economic potential of Canada's Aboriginal people. He sees a young population with increasing access to education, and governments that are increasingly looking to include First Nations in economic-development opportunities.

"Take mining – in the past it would happen despite us. Now it's happening with us," said Martell.

He says the bank is in the "advance stages" of developing a new, more competitive credit card. And he says he sees more opportunity for expansion in the James Bay area.

His pitch for new customers is simple and strong: "We offer competitive services that are focused on you."

Stay safe

Here are four helpful tips if you're participating in Goose Break

by Akiva Levitas

As Goose Break excitement takes hold of Eeyou Istchee, it is important to keep safety top of mind. First-timers and young children should be given extensive safety instructions before heading out. But for the rest of us, here are four helpful reminders to help ensure a good and safe Goose Break.

First, it is better to go hunting whenever possible with at least one partner. Aside from being able help each other with the hauling of the hunt, it also means you have someone to watch your back as you focus. Or if an emergency arises, you have a way to send for help, as you cannot rely on technology while in the bush. If you go alone and even if you are with some friends, it is important to let people back home know where you are going and when you plan to be back.

The second reminder is to have all of your vehicles and equipment serviced before heading out. And while you are out, it is important to respect the limits and not to overload equipment. It is better to be overly cautious than stranded in the bush because of something as simple as an overdue oil change or equipment failure. Boats especially have to be properly maintained before the season, as you do not want to be stuck on a river without a paddle.

Of course, gun safety and maintenance is vital during the hunt. According to a federal Justice Department study conducted in Quebec, 37% of accidental deaths from firearms happen while hunting. More than half the time, it is gun owners accidentally shooting themselves. Often, guns are borrowed from other owners. For this reason, gun safety is important and should be rehashed every hunting season. People tend to forget that guns should be treated as if they are loaded at all times.

The last helpful reminder is to remember that you might not be the only group of hunters in the area. Be cautious when you are aiming at a target, and be sure to factor in what may be behind it or in front of it, lest you make a bad judgment call. Be identifiable and wear orange so others can tell that you are a person and vice versa.

It's important to stay safe, prepared and aware so that we can all have a good Goose Break. The Nation wishes you all luck when you're out there and if you feel like you got the first goose shoot, contact us and we will feature you in the coming issues.

Wishing everyone a safe and happy goose hunt from the Nation!

Budget blues for First Nations

The federal budget unveiled by Conservative Finance Minister Joe Oliver April 21 – months late – was notable for the scant news it had for Canada's First Nations communities. In fact, Oliver didn't mention the word "Aboriginal" or "First Nation" in his budget speech delivered in the House of Commons.

Meanwhile, more than 80% of "new spending" is in the form of tax breaks and other income measures that largely benefit wealthy Canadians.

National Chief Perry Bellegarde of the Assembly of First Nations said it is "a status-quo budget, and the status quo is not acceptable."

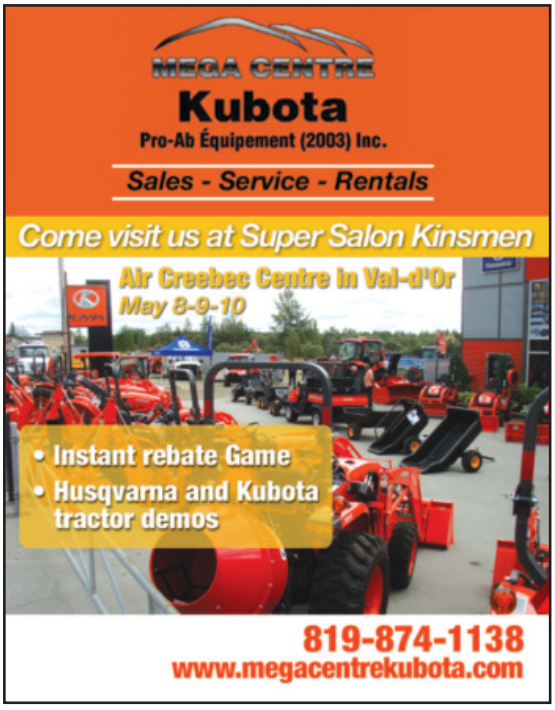
Bellegarde denounced the lack of new investments in housing to deal with an estimated shortfall of 130,000 units. He also questioned why significant funds were not set aside for First Nations education – a federal responsibility – that continues to lag behind per capita funding for the general population.

"We don't see any investments even in access to potable water," added Bellegarde. "There are still 93 communities with boil-water advisories."

On First Nation education, the Harper government simply recycled a small portion of the $1.9 billion announced in last year's budget as part of the package that was to accompany proposed legislation governing on-reserve education. When the First Nation chiefs turned against the proposed First Nation Control of First Nation Education Act, the Harper government said it would put the money on ice until it got the legislative changes it wanted.

The money breaks down to an additional $40 million a year for First Nation education across the country.

The budget also re-announced the $500 million over six years for on-reserve schools announced last November as part of the federal government's $5.8 billion infrastructure package.



BOC/CreeCo tee up for Willie's Place

Beleaguered Willie's Place in Val-d'Or was looking for people and organizations with a heart. The Board of Compensation and CreeCo have stepped up to the plate to help the homeless in the city. Chair and President Jack Blacksmith confirmed that this year's BOC/CreeCo Benefit Golf Tournament proceeds would go to Willie's Place.

"Willie's Place is something that is helpful for the people of the North in Val-d'Or," said Blacksmith. "I think we have to help people who in those types of situations."

After hearing Val-d'Or Native Friendship Centre Executive Director Edith Cloutier make a presentation to the BOC, Blacksmith said the Board felt they had to help.

"We're hoping for a good turnout for the golf tournament and 100% of the profits will go to Willie's Place," said Blacksmith. "We can't judge people who have ended up on the streets for many different reasons, but we can help them."

The golf tournament is planned for the second week of June.

Olympic skater conquers Chisasibi

Olympic bronze medalist and six-time Canadian champion figure skater Joannie Rochette paid a visit to Chisasibi April 15 and 16 to take part in the community's annual Ice Show.

Canadian champion figure skater Joannie Rochette

In an interview with CBC, Rochette said that this was her first trip to northern Quebec and that she was very excited and curious to learn more about the lifestyle and traditions of the James Bay Cree.

Eeyou Istchee figure skaters – some as young as four years old – were ecstatic to skate with the high-profile athlete. Chisasibi youth development coordinator Rhonda Spencer described the visit as a positive experience for everyone involved, adding that this year's show was "particularly extravagant".

Rochette seemed to thoroughly enjoy her time in the community, taking to Facebook to share a photo of herself sporting a Chisasibi sweater and mentioning that she had the pleasure of making bannock bread and tasting wild goose as part of traditional culture day.

Preserving Cree culture

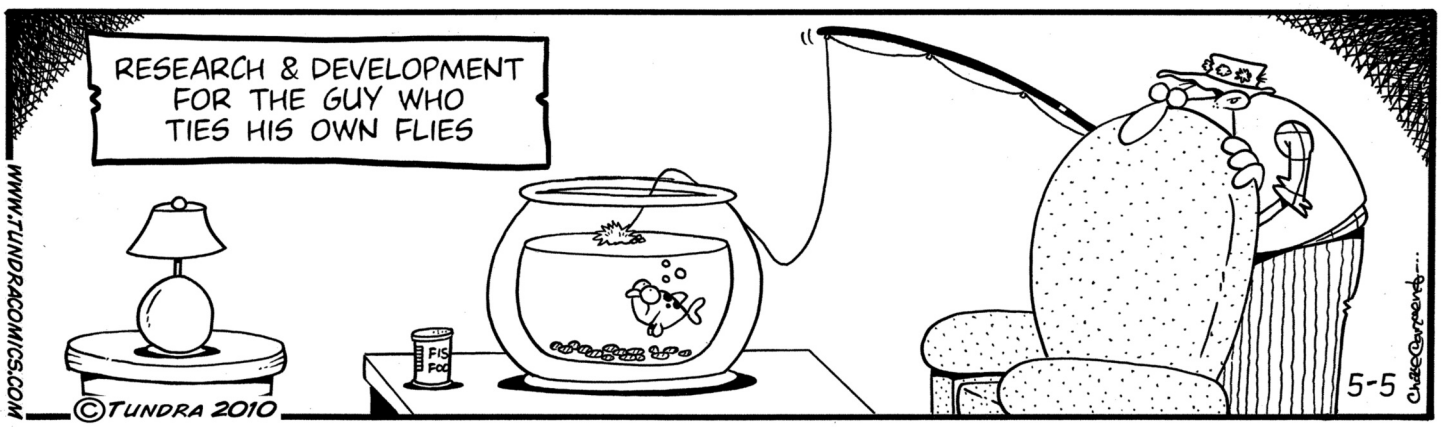
The Aanischaaukamikw Cree Cultural Institute of Oujé-Bougoumou has won national recognition from the Canadian Museums Association for their theatrical program of *Mind's Eye: Stories from the Heart of Eeyou Istchee*. Directed by playwright Shirley Cheechoo and involving young actors from the Cree community, the play was performed in coastal and inland community schools throughout Eeyou Istchee, travelled over 3500 kilometres in March 2014 and was seen by over 2000 people.

Described as a powerful theatrical display that encompasses the values of the Cree Nation, *Mind's Eye* garnered the honour of the Award of Outstanding Achievement in Education. Dr. Sarah Pashagumskum, Director of Programs for Aanischaaukamikw, related that receiving this awards is "an extremely special moment in the life of this new institution." And was pleased to acknowledge the recognition of the museum, education and arts communities of Canada.

Pashagumskum added that the opening of the Aanischaaukamikw Cultural Institute in 2012 was "the completion of the extraordinary vision of our Elders, and [was] realized through the partnership of the Crees, governments and the private sector. *Mind's Eye* is a wonderful expression of what we are all about: protecting, preserving and passing on the richness of our stories, our ways, and our culture."

The Canadian Museums Association praised the Cree production for its innovation in using live theatre to relate oral history to new audiences, changing people's perception of their heritage and strengthening communication between youth and Elders.

Occupying 30,000 square feet, the cultural institute and museum is the primary location for preserving the documents, media and physical objects that represent the history and traditions of the James Bay Cree, a crucial player in preservation, conservation and the transfer of knowledge.



feature

SNAP Camp!

Cree kids thrive during Ottawa experience

by Amy German

Groups of Cree children from all Eeyou Istchee communities had the opportunity to learn life skills in early April at camps hosted by Tim Hortons and the Boys and Girls Clubs of Ottawa.

Kids from the inland communities attended Tim Hortons' Camp des Voyageurs while coastal youngsters attended the Boys and Girls Clubs of Ottawa's Camp Smitty. All of the children attended WE Day's national event in Ottawa April 1.

"The Department of Justice, with the support of the Cree Nation Government, offers these camps. We hope to be able to offer them every year to do fun activities, to do activities that help build character and values, that challenge them together and build friendships," said Donald Nicholls, the CNG Justice Director.

It's all part of the Justice Department's prevention programming. Nicholls said that the idea, particularly with WE Day, is also to show

that they belong and can do anything. WE Day is organized by Free the Children with the premise of empowering youth to become global citizens through education to help fellow youth. It brings activists and big-name celebrities together with inspirational youth who have made change globally.

With the success of last year's event, Nicholls said that they were looking to extend the experience to children from Grades 5 and 6 throughout the Cree Nation. While a camp for the coastal kids could not be made available through Tim Hortons for the same time slot that would also allow them to go to WE Day, Justice was able to get those children a similar camp experience through the Boys and Girls Club of Ottawa.

"This gave us the opportunity to bring more children and so that is how Camp Smitty came to be and we were very fortunate that they were able to open up their camp as they usually don't open it at this time of year," said Nicholls.

According to Rosie Warden, the Manager of Outdoor Education and Youth Leadership for the Boys and Girls Club of Ottawa, Camp Smitty teaches kids social and life skills.

"We try to provide them with an opportunity to feel safe but also to develop the skills that they don't necessarily get in their natural environment and they get this in a positive, energetic way. It is about building lifelong healthy relationships," said Warden.

According to Warden, this is carried out through fun activities that engage kids in working together to accomplish their goals. These include relay races, problem-solving challenges, creating skits and other challenges.

"We only really had these kids for about three days and from day one until the day that they left, the transformation that we saw in them was absolutely phenomenal," said Warden.

"We generally get kids for 10 days in our summer camps, but in just the three days that we had these kids we saw them go from reserved and quiet to being so full of energy by the day that they left. To have had that kind of impact on them is something that we really pride ourselves on."

Over at the Camp des Voyageurs, General Manager Marie-Frédérike Scott said the kids who attended April 1-7 participated in wonderful activities.

"With these kids it was different because they were here for so much longer [than usual] and so we were able to spend a lot more time with them and get to know them. By the end of the week we were all hugging and it was just so cute to see," said Scott.

According to Scott, kids at the Tim Hortons camp participated in outdoor activities, photography, putting together plays and campfire circles. The kids also shared their extensive knowledge of nature with camp counsellors.

"We have a nature class and in that we have a gecko and a few turtles for this class. This is something that kids usually really like as they are just drawn to animals. This was really neat to see because we also have some furs from different animals. Our counsellors said that they actually learned a lot from the Cree kids because they know so much about nature," said Scott.

Edna L. Neeposh is a prevention program officer for Department of Justice and Correctional Services who deliv-

ers the Stop Now and Plan (SNAP) program offered to elementary school children in the Cree communities. She attended the Tim Hortons camp to carry out SNAP activities.

"We did two SNAP sessions with the kids. We helped out the counsellors and the chaperones with the kids and for me it was a really good experience because when I was young we didn't have stuff like this. I don't recall ever going to a camp when I was young and so for me I was excited to go just to be able to have that kind of an experience with the kids," said Neeposh.

What stood out for Neeposh was how the children from different communities formed bonds and made new friends. With full days of activities the kids rarely had a chance to be homesick though for some this was their first real trip away from home and family.

Neeposh and her fellow program officers carried out two SNAP sessions based on respect and the process of complementing and rewarding one's self. But, when tragedy struck with the deaths of five young hunters from Mistissini on April 2, the SNAP format also allowed for the children to discuss the tragedy in a sharing circle to express how they felt and comfort one another. This was particularly important as one of the children present had to return home.

"The sharing circle was very powerful," said Neeposh. "We made sure that they knew that it was okay to cry when they were feeling hurt. Some of them shared and some of them just cried and some of them consoled their friends and their newfound friends. We ended the circle with a prayer and a hug and so this was really refreshing for everybody. It seemed to give them hope as we had sensed that their spirits were very low."

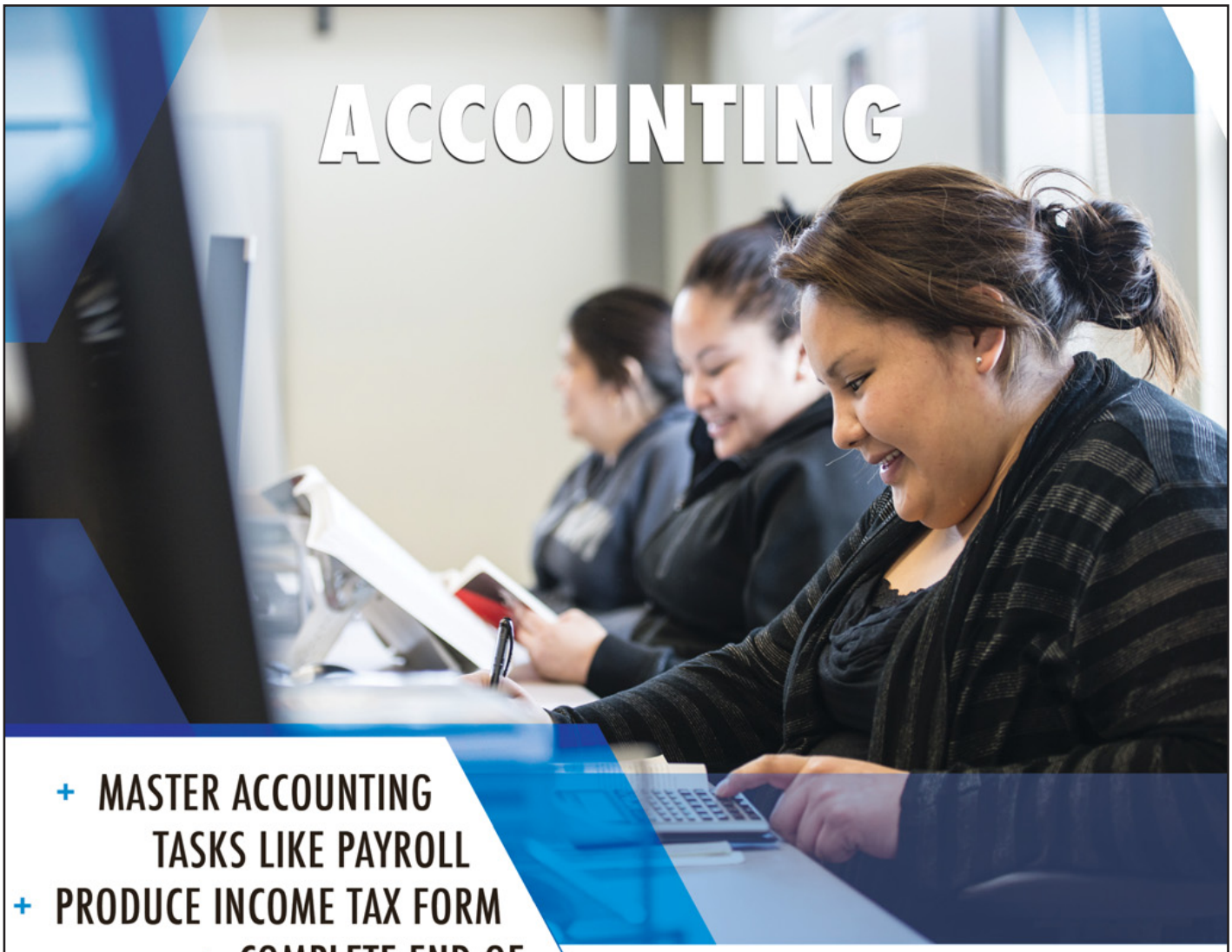
Neeposh said many children were inspired by their participation in the WE Day event with 16,000 other attendees at Ottawa's Canadian Tire Centre. They were particularly impressed with some of the youth speakers.

"Some of them were just a few years older than the kids that we had brought and they were really making a difference in the world. There was a 14-year-old boy who suffered from a very painful skin disease. He was in a wheelchair and said that his whole body hurt right now but he was just so inspiring and uplifting, what he said was amazing. You could not believe the words coming from his mouth," said Neeposh.

According to Annie Ethier, Free the Children's Ottawa and Montreal Director, this year's WE Day tour was called the Tour of Empowerment.

She said the stage was set up as a classroom to present four select themes: economic empowerment, technological empowerment, social empowerment and empowerment through education. Guest speakers at the Ottawa event included: actor Mia Farrow, US Ambassador Bruce Heyman, actor Marlee Matlin, Degrassi's Jessica Tyler, and Free the Children founders Craig and Marc Keilburger.

"We are always happy to see the Cree kids. Every year now they keep coming back and they get inspired by these events and so we are very happy that they have the opportunity to come and they must enjoy if they keep coming back," said Ethier.



+ MASTER ACCOUNTING TASKS LIKE PAYROLL
+ PRODUCE INCOME TAX FORM
+ COMPLETE END OF FISCAL PERIOD

+ STARTS AUGUST 2015 *REGISTRATION CLOSES ON JUNE 19TH, 2015*
+ WASKAGANISH + 1,350 HOURS

WORKING WITH NUMBERS, A POSSIBILITY? MAKE IT YOUR REALITY!

ᓴᓇᐢᑐᐧᐃᐣ ᒪᓀᐟᓂ ᑭᓇᐯᒪᔨᐧᐣ
Sabtuan Adult Education Services
Service de l'éducation des adultes Sabtuan

SABTUAN ADULT EDUCATION SERVICES

ᑕᓵᓂᐤ ᑮᓇᐧᐃᒪᒋᑲᓐᓂᐧ
Cree School Board
Commission Scolaire Crie

INFORMATION AND REGISTRATION

CONTACT YOUR LOCAL EDUCATION CONSULTANT PATRICIA RICHARD AT 819-895-8852 EXT. 5330

Radioaction

Crees host Uranium Film Festival in Quebec City

by Jeremy East

After years of debate, court filings, thousands of miles walked in protest and dozens of public hearings, an end to the debate over uranium in Eeyou Istchee is finally in sight.

The provincial government's final decision on Strateco Resources' uranium project in the Otish Mountains will be made public in May. But until then, Cree leaders are looking to keep the conversation on uranium going. In April, Cree filmmakers, activists and politicians brought that discussion to Quebec City as hosts of the fifth annual International Uranium Film Festival.

The Wolverine: The Fight of the James Bay Cree, a film directed by Chisasibi's Ernest Webb starring Eastmain's Jamie Moses, made its Canadian premiere at a red-carpet event April 15, the festival's opening day. Grand Chief Matthew Coon Come opened the festival by introducing the film.

"We recognized the power of film to spread our message to explain what is at stake and to bring people together," Coon Come told the audience. "These beliefs were the foundation of our efforts to bring this festival to Quebec."

The Wolverine is a retelling of a Cree legend involving a giant skunk that terrorized a village. After it killed his sister, a brave wolverine attacked and managed to kill the skunk. However, the wolverine was blinded by the skunk's poisonous spray in the attack. With the help of trees in the forest, the wolverine found his way to the coast of James Bay. There, the wolverine washed the poison from his eyes. This left the water in the bay unsafe to drink.

While the legend touches on several different themes, Webb's film draws a parallel between the skunk's poison and the potential environmental threat that comes with uranium development. Jamie Moses, Eastmain's 33-year-old Cultural Coordinator, narrates the film. He originally presented the legend before the Bureau d'audiences publiques sur l'environnement (BAPE) during a hearing on uranium mining in Mistissini.

"I'm hoping that all our efforts with this film will lead to a uranium-free Quebec," said Moses. "It's important for any Cree who respects the land to give their effort to oppose uranium, even if they aren't near the uranium mine in Mistissini."

Source: Grand Council of the Crees

Moses says he spent much of his youth on the land with his grandfather. He credits his success and happiness in life to those weeks away from the distractions of modern life. His concern is that uranium mining would take that opportunity to enjoy similar experiences away from young Crees.

"I never got the privilege to paddle the Eastmain River where my ancestors did before Hydro-Québec developed it," said Moses. "I hope future generations always have the chance to experience things the way their ancestors did without the threat of unwanted development like uranium."

Several young Crees were present at the Uranium Film Festival. Mistissini Youth Chief Amy Linton, who led a group of young Crees on an 850-km uranium protest walk from Mistissini to Montreal in December, spent the evening walking the red carpet.

"It's important for the youth to realize that the fight against uranium is never going to stop," said Linton. "These types of events are going to keep our youth involved and make sure that we are ready to protect our land in the years to come."

Linton said a Mistissini screening of The Wolverine had been planned for April 18, but it was cancelled as the community continued to mourn the death of five hunters in a cabin fire. A small uranium symposium is

HAVE A HAPPY AND PROSPEROUS GOOSE BREAK

ᐃᓗ ᒥᔪᔨᓂᑎᒧᑦ ᑭᖅ ᐃᓗ ᑭᓱᑎᓱᔪᑦ ᐊᑯ ᓇᑎᐱᔪᓱᐊᓕᓪᓚᕆᐊᖅ

GOLDCORP
ÉLÉONORE

créer ensemble de la valeur durable
together creating sustainable value
ᐃᒧ ᐊ ᐅᔨᓴᒋᑭᓚᕐᓚᐅᖅ ᐊ ᑭᓵᔨᒋᑦᑕᓴᖅ ᐱᑲᓵᑎᒋᐅᓚᐅᓂᖅ

Source: Facebook

Chiiwetin Coonishish was a member of the Mistissini Youth Council. (Source: Facebook)

being planned for the summer or fall to replace the screening.

Linton said her goal is to keep momentum going for the community's anti-uranium campaign in the months to come. That has been especially difficult in the light of the cabin fire tragedy. The youngest of the five victims in the fire, Chiiwetin Coonishish, was a member of the Mistissini Youth Council and an active member in the anti-uranium campaign.

"Chiiwetin was such a true advocate for Cree culture," said Linton. "I kept him in my thoughts at the festival because I know he would have wanted us to keep up our fight against uranium."

After opening night and the Canadian premiere of The Wolverine, the Uranium Film Festival continued for 10 days to April 25. Over 50 films on the nuclear age were screened at the Concorde Hotel in Quebec City. The Grand Council of the Crees was instrumental in bringing the 2015 edition of the festival to Quebec. It was the first time the event was held in Canada.

A second screening of The Wolverine was also held in Montreal on April 23.

Source: Grand Council of the Crees

Source: Facebook

Source: Grand Council of the Crees

Making a splash

Montreal's Boat and Water Sports Show a success despite dip in turnout

by Joshua Grant

The Montreal Boat and Water Sports Show took over Place Bonaventure this past February 9-12, hosting over 275 exhibitors and displaying a wide array of products for marine enthusiasts.

Powerboats, inflatable dinghies, pontoons, personal watercrafts and sailboats were spread around 300,000 square feet of exhibits, alongside smaller exhibits of products and accessories, a conference room where veterans of the marine industry spoke on various topics and booths educating passersby on water safety and proper emergency procedures.

For those who don't have a penchant for luxury liners and cruiser yachts, the boat show has a wide variety of pleasure crafts and more practical fishing boats as well as a host of the latest innovations in water sports. These included accessories for fishing rods, protective gear such as life jackets and wetsuits, interlocking docking systems, locking devices for boat motors, advanced radar and GPS technology. There were also massive boat motors from companies like Honda, Yamaha, Volvo and Mercury Mercruiser, batteries, generators, canoes, kayaks, skidoos, wakeboards, flashy inner tubes and just about everything you could imagine to be associated with fishing, boating and marine life.

The price tag for boats on display ranged anywhere from $5000 to a cool million, with human powered watercraft sold for $500 to $5000.

Notable guest speakers at the Boat Show included Patrick Campeau, a professional angler recently inducted into the Canadian Angler Hall of Fame, and Claire Roberge and Guy Lavoie, who sailed their vessel the Balthazar for 15 years and ventured into remote and previously inaccessible areas of the Arctic Ocean.

Damian Foxall, the Recreation Education Manager of the Canadian Wildlife Federation, talked crowds through the 2014-15 Volvo Ocean Race, a competition that he has won four times, and also promoted conservation awareness and stewardship of natural resources. Engineers from

l'École de technologie supérieur (ETS) delivered a passionate presentation on their Class C hydrofoil-racing project, which will be entered into the "small Cup of America", a bi-annual international competition hosted in Geneva this year.

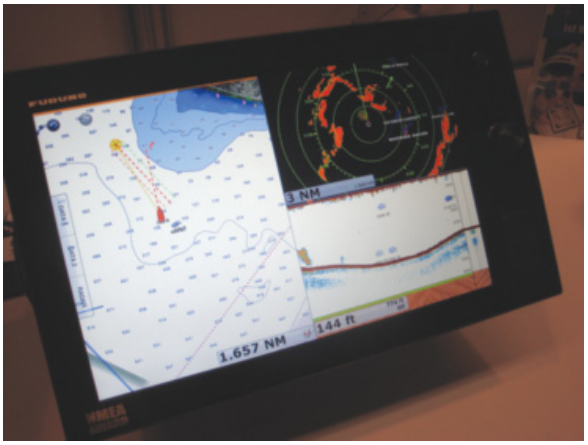
Other interesting exhibits included: a lesson on knots used for mooring and securing boats and accessories; a boating-skills virtual trainer put on by the Canadian Power Squadron; vintage boat replicas presented by Le Village, a company based in Madagascar that builds replicas based on original, historical construction plans; and a wine-tasting booth sponsored by New Zealand's Whitehaven winery.

Over the course of four days, Le Salon du Bateau attracted 22,236 visitors from Quebec, Canada and abroad. Though this meant a 13.5% decrease in attendance at this year's event, largely due to harsh weather conditions on the final day, the organizers were still happy with the turnout.

"Despite this drop, the commercial results were certainly interesting in the context of the boating industry's fragile economic conditions," said Yves Paquette, head of the Quebec Marine Association (QMA). "At the end of the show, the sales revenue of many exhibitors was equal to or higher than the previous year. This is a good sign for the upcoming boating season."

The aim of the Boat Show and the QMA is to represent both the pleasure boating industry and individual marine enthusiasts, meet the varying needs of these two demographics and promote aquatic activities and water sports. Organizers also stressed their focus on developing marina network infrastructure, boating, tourism, environmental protection and boating safety programs, with the majority of revenue being generated by the show going to fund these types of initiatives both in Quebec and the rest of Canada.

If you missed it this year, be sure to check out next year's edition. Whatever your interests may be in relation to marine life and water sports you'll be sure to find something useful, something new and something exciting while soaking in the biggest water show in Quebec.



CARCANADA

The Car Superstore

Telephone: (613) 489-1212 • Toll Free (888) 241-0211 • www.carcanada.com

5791 Prince of Wales Dr., P.O.Box 489, Manotick, Ontario, K4M 1A5

Monday – Friday : 8:30am – 8:00pm • Saturday: 8:30am – 6:00pm • Sunday: 10-00am – 5:00 pm

NEED a new OR used car?

NEED Financing?

LET OUR FINANCIAL EXPERT KATHY STACK ASSIST YOU

toll free: 1-888-241-0211

ONLINE CREDIT: www.carcanada.com

WE DELIVER TO YOU

OVER 400 NEW AND PRE-OWNED VEHICLES

OPEN 24/7 AT WWW.CARCANADA.COM

USED VEHICLES

2014 GMC YUKON SLE
AWD 39046 km
$31,940

2014 JEEP COMPASS NORTH EDITION
4WD 41188 km
$18,494

2014 Jeep Grand Cherokee Limited
18502 Km
$39,998

NEW VEHICLES

2015 RAM 1500 SPORT
50 km
MSRP: $ 60,759
Internet Special $ 56,527
- $ 8,500 =
$48,027

CHRYSLER DODGE Jeep

10 service bays on site

A better recipe for Nutrition North

Critics question whether food-subsidy program serves its purpose

by Jesse Staniforth

Canada's Auditor General Michael Ferguson has forced politicians to agree that the Nutrition North Canada (NNC) food subsidy program is broken. But that agreement among politicians doesn't go very far – certainly not as far as how best to fix it.

In late March, Aboriginal Affairs Minister Bernard Valcourt announced that his office was appointing Tracy M. Rispin, from the Vuntut Gwitchin First Nation, to NNC's advisory board. On April 1, Valcourt's office added that they would be requiring all NNC retailers to provide information about their profit margins to independent auditors in order to ensure retailers were passing on federal subsidies to their customers, rather than simply pocketing the difference.

This was not enough for Dennis Bevington, NDP MP for Northwest Territories. The day after Valcourt's second announcement, he led NDP MPs Romeo Saganash, Niki Ashton, Charlie Angus, Carol Hughes and Jonathan Genest-Jourdain in proposing an alternative approach to running NNC.

According to Bevington, the problems all start at the NNC's beginning.

"Unlike most food subsidy programs in the world," he told the Nation, "rather than providing the subsidy directly to the consumer through a smart card or in some other form, the Conservatives decided to subsidize the retailer. We should go back to that original decision and ask what might work better. When we subsidize the retailer, the consumer doesn't know whether they're getting the subsidy applied to them and the products they're buying."

Bevington also attacked the government's decision not to extend the program to 50 northern communities on the grounds that those communities had not been involved in the previous Food Mail program.

"That's like saying to someone, 'You didn't participate in a particular income tax credit, so you're never going to get it now,'" he said. "I don't buy that argument at all. I think the reason they didn't apply it to those other 50 communities is that they knew then they'd have to put more money into the program. The auditor general identified that as $7 million. They took a hard look at it and realized it didn't fit into their budget, so they didn't put it in."

Nutrition North, said Bevington, needs to prove itself effective to the northern consumers who are ostensibly supposed to benefit.

"It may be that it needs to be completely changed to a consumer-based program. It may be simpler to have a smart card that could be renewed every month. We can set the parameters so it's only good for certain food – we'll provide X amount of dollars for fresh food, and they can choose how they want to spend it. Then they'll know they're getting that subsidy."

However, Bevington underlines that a food subsidy program is only part of lowering the cost of food in northern communities. Many foods and other products that are predominantly water-based could be far cheaper if shipped in concentrate form. He gives the example of bleach, which costs roughly $2 in southern communities like Ottawa and Montreal, but sells for $30 a gallon in Paulatuk, NWT.

"Bleach is used quite a bit in isolated remote communities with water delivery," he said. "They clean their tanks and deal with mould in their households with bleach. It's an important substance. So why aren't the stores bringing in concentrated bleach, so people can simply buy a small container and make their own bleach?"

Too much of modern northern culture, Bevington said, operates around a southern consumer model. A more traditional model of

FOR A FUTURE AS GREAT AS YOUR AMBITIONS!

Employment Training | Day

NORD-DU-QUEBEC

Whether you want to find new stimulating work in Nord-du-Québec or develop your skill set in order to improve your position on the labour market,

Come and attend the Employment Training Day on Wednesday, May 13.

Over thirty exhibitors will be on site!
Many employers with job openings, economic organizations and educational institutions from the region are presenting their programs and services.

Come and take part in workshops offered by counsellors from the local employment centre!

These workshops will give you the opportunity to refine your way of introducing yourself to prospective employers, to properly prepare your cover letter and your résumé, in short, to maximize your chances of securing employment!

List of exhibitors

- Barrette Chapais ltée
- Commission scolaire de la Baie-James
- Cree Human Resources Development
- Groupe Transcol
- Mine Matagami, une compagnie Glencore
- Services Chapais Énergie inc.
- Emploi-Québec
- Centre d'études collégiales à Chibougamau et Service aux entreprises et aux collectivités
- Centre de formation générale des adultes de la Baie-James
- Centre de formation professionnelle de la Baie-James
- Centre régional RAC Nord-du-Québec
- SADC Chibougamau-Chapais
- Université du Québec en Abitibi-Témiscamingue
- CRSSS de la Baie-James
- Ministère des Transports
- Restaurant McDonald's
- Forces Canadiennes
- Goldcorp - Éléonore
- Physiotec
- Creeco inc.
- CSMO Mines
- Formabois
- Commission scolaire Crie
- CSMO Aménagement forestier
- Enviro Compétences
- Carrefour jeunesse-emploi de la Jamésie
- Stornoway
- Chantiers Chibougamau inc.

more to come…

At the Chibougamau Arena

from 3:00 p.m. to 8:00 p.m.

Visit www.workingupnorth.ca

Emploi Québec Nord-du-Québec

cfp Baie-James

Business and Community Service Centre d'études collégiales à Chibougamau

Chambre de commerce de Chibougamau

IT MAY BE THAT IT NEEDS TO BE COMPLETELY CHANGED TO A CONSUMER-BASED PROGRAM. IT MAY BE SIMPLER TO HAVE A SMART CARD THAT COULD BE RENEWED EVERY MONTH.

using raw products could add value – by baking bread locally, for example. Many stores in the north, he laments, are full of highly packaged products designed for individual consumers.

"There's no bin of loose grain to take just what you need. You never see that in our northern stores! We just have this processed food mentality of our retailers. That's not the way we should go. You have to accept that if you want to be successful in the northern lifestyle, you have to engage."

Currently organizing a forum on localizing the economy, Bevington wants northerners to consider the value of imported materials brought into the communities and determine which can be replaced locally to provide jobs and fuel local communities. The north, he stresses, should have its own rural economy.

"But we have almost a consumer-based economy, where we buy everything. And that's a disaster for us. It has to change. We're not going to be like the south. There's not going to be cheap imported food: it's going to be expensive. You can't get away from that, but you can – with proper subsidies for the right items – make sure that diets are balanced. If we start to bring things in bulk and do more food processing ourselves, then we can reduce a lot of costs."

However, Bevington had no bad words for Valcourt appointee Rispin, noting that her home community of Old Crow was very progressive. He said she led the drive to establish a co-op in the community to reduce food costs for residents of Old Crow – the only fly-in community in the Yukon.

"I hope she brings those kinds of changes [to NNC]," he said. "Rispin seems to be the kind of person you'd actually want on the board. You want somebody who's going to look for solutions."

Gunsmith on location in Matagami.
Distribution
Nord-Select
HUNTING • FISHING • GENERAL STORE • FURNITURE
Matagami: 4 rue Nottaway 819-739-3883
Now in Chisasibi 819-855-2062
marc-andre@nord-select.qc.ca Delivery to James Bay - C.O.D.

The Honda
TOO GREAT TO WAIT
Sales Event
2015 TRX500 RUBICON DCT DELUXE
2015 TRX420 DCT IRS EPS
For a limited time, get terrific financing rates on all 2015 and select 2014 Honda ATV models. Visit your local dealer or honda.ca/toogreat to purchase your ATV before it's gone!
FINANCING FROM 2.99% 36-MONTHS ON ALL 2015 MODELS†
HONDA Financial Services
6138478
RETAINED VALUE
Hold the value with a Honda. According to the Canadian Blue book; a trusted name in powersports valuation, durable Honda ATVs in the 400-500 cc class hold some of the highest retained values.
Honda Motorcycles & ATVs Canada @HondaPowerCA
HONDA BEST ON EARTH
Bibeau Moto Sport
HONDA
honda.ca
1704 CH. SULLIVAN, VAL-D'OR
819 824-2541
WWW.BIBEAUMOTOSPORT.CA

The strength of the Nation

Celebrating the 25th anniversary of the voyage of the Odeyak

Story and photos by Jesse Staniforth

The most important thing about the voyage of the Odeyak 25 years ago was that the Quebec government wasn't keeping its word in upholding the James Bay Northern Quebec Agreement. That's the message former Grand Chief Matthew Mukash stressed in his speech to the crowd gathered at Oujé-Bougoumou's Aanischaaukamikw Cree Cultural Institute April 22 to commemorate the anniversary of the historic event.

The Cree Nation was already angry that Quebec was treating Eeyou Istchee as an unequal partner – and that was even before it announced Phase II of the James Bay Hydroelectric Plan, which would dam the Great Whale River. The Grand Council held a special general assembly that pledged to oppose all development on Cree territory until Quebec kept its side of the bargain. In other words, Cree activists might not have been able to bring down Quebec's $17-billion plan had it not been for the fact that the province had already been treating the Crees with such contempt for so long.

The anniversary celebration included speeches from both veterans of the journey and youth leaders of the present day, as well as songs by hand-drummer Redfern Mianscum, Waswanipi's Wasehkun Drummers, and Chisasibi singer Mariame Hasni. There was also a traditional feast of goose, fish and moose.

The voyage of the Odeyak canoe and its supporters began when a team of Cree and Inuit paddlers – including Mukash and Grand Chief Matthew Coon Come – transported the Odeyak canoe over land and frozen river by dogsled and then paddled it 1,500 kilometres into Manhattan on Earth Day. In New York City, the paddlers addressed an Earth Day gathering of 10,000 people in Times Square. New York State governor Mario Cuomo ultimately cancelled the deal with Quebec in 1992, and PQ Premier Jacques Parizeau pronounced it dead in 1994.

It might have seemed spontaneous, but Mukash stressed that it was all carefully planned. That's a detail that people might not necessarily remember today, he pointed out.

A large portion of the vision for the campaign, Mukash noted, came from the advice of Elders.

"They told us not to protest," he noted. "They said if you can capture the hearts of the people, they would support you. And they also said that what governments are afraid of the most are the people, because those are the ones who have the power to kick them out, and the power to change policy."

"We have to pass this history down to the younger generations that come after us, because if we don't, they won't know it."

"As the older generation, you can't get too comfortable," Mukash told the Nation. "We have to pass this history down to the younger generations that come after us, because if we don't, they won't know it."

With the history of opposing the first James Bay Project behind them, Cree leaders and Cree youth (along with their Inuit counterparts) were ready to plan aggressively to make the journey of the Odeyak into a campaign that would kill the market for Quebec electricity in New York and the eastern US states of New England. It was a complex strategy but it was effective.

"They didn't even know what was going on, down in Montreal," Nemaska Chief Thomas Jolly remembered from his time working in grassroots organizing against hydro development. "We went right past them. We were down in Massachusetts and Connecticut talking to the people down there."

Abel Bosum, President of the Aanischaaukamikw Foundation, stressed that this information isn't just historic – it's the foundation of power that future leaders can tap into.

"The youth are interested in the history of the Odeyak," he said. "As they learn, they're learning about who they are, and learning about who their leaders are. And I'm sure they're wondering, 'What role will I play? What can I become in the future?'"

Nick Wapachee, Youth Ambassador for the Cree Nation Youth Council, noted that his organization was involved in the journey of the Odeyak as well – and remains involved in fighting for the modern Cree territory today.

"We had the stand against uranium, and we did the march," he said. "We recently had the forestry [plan] that was approved by Minister

Have a happy and safe Goose Break.

PETRONOR
www.petronor.ca

Distributor of petroleum products and lubricants in the James Bay Territory.

Services:
- Delivery of petroleum products in bulk
- Aviation fuel
- Rental of movable tanks

Products:
- Unleaded gas, clear and colored diesel, stove oil, Jet-A, 100LL and lubricants.

Addresses:

Radisson Bulk Plant
Tel.: (819) 638-8222
Fax: (819) 638-7107

La Grande Rivière Airport
Tel.: 819-638-9104
Fax: 819-354-6825

EM-1 Construction Site
Tel.: (819) 865-2045
Fax: (819) 865-2039
Cell.: (819) 856-0618

Chisasibi Gas Station
Tel.: (819) 855-2427
Fax: (819) 855-3462

Administration office
Tel.: (819) 824-5505
Fax: (819) 824-5420

Have a wonderful Goose Break!

Gareau VAL-D'OR auto
GM Canada

1100, 3e Avenue Est, Val-d'Or, QC J3P 4P8
Tel: (819) 825-6880 1-877-625-6880 Fax: (819) 825-8980
Visit us online at gareauauto.ca
Like us on facebook

Our 2015 models have arrived!
Including our all new Canyons and Colorados.

Please visit our website for for more information or come see them in our showroom.

Mario Sylvestre and Jean-Claude Moreau, our bilingual Sales Representatives, will welcome you. We pay for your hotel room when you pick-up your vehicle. We can deliver it to you too.

We always have lightly used Yukons and Suburbans

Are you ready for golf season? We are!

Get the best prices on all customizable golf gear and promo items today, or any time of the year!

To order or for a free quote:

Pierre Voghell promo@beesum-communications.com

514.272.3077

www.nationnews.ca

We can customize anything!

Beesum communications

Laurent Lessard, and we opposed that. It's so important to go back and remember how far we've come. You care about the land. You care about where you're from. You care about the people. It touched the heart when you see [Magnus Isacsson's 1996 documentary Power, part of which screened at the event] – it sparks a fire. I hope the youth in the Cree Nation will have that experience as well, celebrating the Odeyak."

The fact that the protest itself was so non-confrontational and non-violent, is part of what makes it so important, said Sarah Pashagumskum. As the incoming Executive Director of the Cree Cultural Institute, she notes that part of what gave the Odeyak its power was its connection to Cree culture and traditions.

"The Odeyak journey is an inspiration because of how we were able to use something that was so deep in our culture – that great voyage, and our roots as nomadic people – to use that to bring our message out to the world," she said. "Today when it comes to environmental issues in our territory, we can go back to our culture and find strength there, and use that strength to get our message out. We can use our culture to make a poignant stance and make a powerful message when we need to."

And many among the crowd were talking about the environmental issues of last week – when more than 70 Cree youths from Oujé-Bougoumou, Mistissini, Waswanipi, and Nemaska protested an appearance in Chibougamau by Minister of Parks, Forests and Wildlife Laurent Lessard. They believe that Lessard breached the Baril Moses Agreement in allowing clear-cutting on surrounding land, which they see as an imminent threat to the Cree territory.

"When we look at what's happening in the area of forests, this is about their future," Bosum said. "This is about whether they will be able to maintain that way of life, and enjoy the benefits of it – the right that they have to hunt, fish and trap. [The youth] were there to send a message to the minister that there are people out there who use that land, and they can't simply think about industry – they have to respect the agreement that we signed in 2001."

That agreement, Bosum underlined, is something that the Odeyak helped the Cree Nation gain.

"We can't forget what happened 25 years ago," he said. "It really changed many things for the Cree when they took that stand – which led to other new agreements like the Paix de Braves. We're enjoying development today as a result of the positions made by the leaders and the stance they took back then."

When it comes to defending Eeyou Istchee, Mukash said it will always be in the hands of the youth, and that it is the responsibility of the aging generation to pass their knowledge onto those who will protect their land, water, and culture.

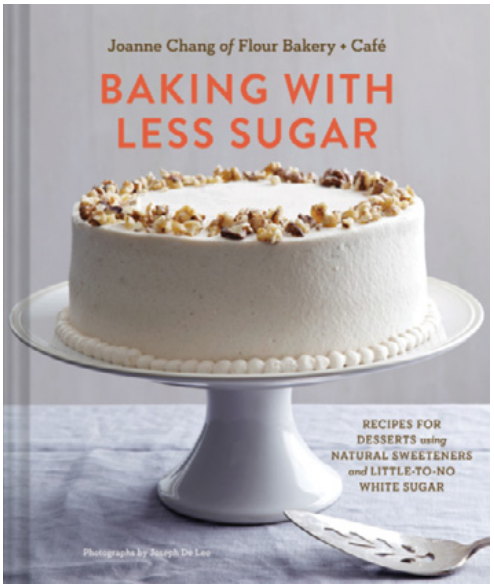
"As long as there is something to stand up against in the future," Mukash told the crowd of Odeyak veterans, Elders and youths, "whether it's development, or the government breaking laws, as long as these things happen, the journey of the Odeyak – and the journey of the Nishiyuu – continues. It's important for the youth to pick up where we left off. We know how to launch campaigns and we have to be prepared."

But preparation pays off, as anyone learning the history of the Odeyak will realize. So Mukash ended his remarks with a message to the youth:

"Today, you can make a difference if you want to be heard. You have the strength of the Nation."

Healthier Mother's Day treats that don't skimp on flavour

by Amy German


Joanne Chang of Flour Bakery + Café
BAKING WITH LESS SUGAR
RECIPES FOR DESSERTS using NATURAL SWEETENERS and LITTLE-TO-NO WHITE SUGAR

As baking is nothing more than delicious basic chemistry, naturally it would take a mathematician to perfect recipes that significantly cut back on refined sugar while maintaining the flavour and integrity of the recipe. However, Joanne Chang has written a marvellous new dessert cookbook that squares the baking circle of sweetness.

Looking for something as elegant as the Chocolate Orange Truffles, or the perfect afternoon-tea accompaniment, like her Honey Almond Snack Cake, or a classic Yellow Birthday Cake with Fluffy Chocolate Ganache Frosting? You'll find numerous low-cal recipes to impress in Chang's *Baking With Less Sugar*.

The cookbook is the perfect Mother's Day gift if mom loves to bake but wants to cut back for dietary reasons. It's all about using less refined sugar, and turning to everything from fruit juice to dates in order to sweeten the treat.

An ideal read for all baking enthusiasts, Chang offers an insight into the science behind sugar as well as a collection of well-balanced recipes that are very tasty.

Lemon Ricotta Cupcakes with Fluffy Lemon Frosting

Fluffy Lemon Frosting

225g / 8oz cream cheese, at room temperature
85g / 6 tbsp unsalted butter, very soft
1 tbsp finely grated lemon zest
115g / 1/8 cup honey
2 tsp vanilla extract
1/8 tsp kosher salt

130g / ½ cup whole-milk ricotta cheese
100g / ½ cup vegetable oil, such as canola
225g / ⅔ cup honey
1 tbsp vanilla extract
2 tbsp finely grated lemon zest
2 large eggs plus 1 egg yolk
180g / ¾ cup crème fraiche (see note)
280g / 2 cups all-purpose flour
2 tsp baking powder
¼ tsp baking soda
½ tsp kosher salt
1 tbsp finely grated lemon zest

Flour isn't a restaurant, but we are incredibly lucky to have chefs who would fit in seamlessly in a top restaurant kitchen. To celebrate their talents, we decided to host pop-up charity dinners at each of our locations. Each chef has a chance to show off a little, and we get a chance to give back a little to the communities that have embraced us so fully. Each dinner has its own theme, and each chef selects the nonprofit that is to be the recipient of the dinner proceeds. It's completely win-win!

One aspect of the dinner that remains constant is our dedication to our motto, "Make life sweeter, eat dessert first!" We start off each dinner with a little amuse-bouche (a welcome treat), and it's always something sweet. For the very first pop-up dinner we hosted, I was in the middle of testing recipes for this book, and I knew I wanted to do a little showing off myself. The inaugural guests of this dinner were thus treated to a mini lemon cupcake with a creamy lemon frosting. Would our guests guess that these cakes had no sugar in them? We didn't share that with them until the end, and the reaction was staggering. Some people literally wouldn't take "no sugar" as an answer. It was truly gratifying, and I loved knowing that people were as excited about baking with

less sugar as I was. Or at least they were excited about eating the results!

1. At least 4 hours in advance, make the frosting: Using a stand mixer fitted with the paddle attachment (or with an electric hand mixer), beat the cream cheese on medium speed for at least 3-to-4 minutes, or until perfectly smooth. (Cream cheese has a tendency to lump up easily, so don't skip this step.) Using a rubber spatula, scrape the bowl and add the butter and 1 tbsp lemon zest. Add the honey, vanilla, and salt and beat well on medium speed until thoroughly combined. Refrigerate the frosting for at least 4 hours before using to firm it up. The frosting can be stored in a covered container in the refrigerator for up to 1 week.

2. Place a rack in the centre of the oven and preheat to 350°F [175°C]. Butter and flour a standard 12-cup muffin tin, spray with nonstick cooking spray, or line with paper liners.

3. In a medium bowl, whisk together the ricotta, oil, honey, vanilla, and lemon zest until well mixed. Whisk in the eggs and egg yolk until well combined. Whisk in the crème fraîche. In a separate medium bowl, stir together the flour, baking powder, baking soda, and salt. Using a rubber spatula, gently fold the dry ingredients into the wet ingredients until the batter is homogenous. Be careful not to over-mix.

4. Divide the batter evenly among the prepared cups of the muffin tin. Bake for 20-to-25 minutes, or until the cupcakes are pale golden brown and spring back when you press them in the centre with your finger. Remove

from the oven and let cool completely in the pan on a wire rack.

5. Don't attempt to frost the cupcakes while the least bit warm, or the frosting will slide off. Remove the frosting from the refrigerator and, using an offset spatula or a piping bag, spread or pipe the cupcakes with frosting, garnish with the remaining lemon zest, and serve. The frosted cupcakes can be stored in an airtight container in the refrigerator for up to 3 days. Remove at least 1 hour before serving so the cupcakes are not cold. Garnish with the remaining lemon zest.

Carrot-Pineapple Cake with Cream Cheese Frosting

Cream Cheese Frosting

One 335g / 12oz can frozen apple juice concentrate, thawed
225g / 8 oz cream cheese, at room temperature
480g / 2 cups heavy cream
½ tsp ground cinnamon
2 tsp vanilla extract
⅛ tsp kosher salt

Carrot Cake

75g / ¾ cup walnuts, coarsely chopped
120g / ¾ cup raisins
120g / ¾ cup sultanas (golden raisins)
One 335g / 12oz can frozen apple juice concentrate, thawed
One 225g / 8oz can pineapple chunks, in their own juices
4 large eggs
120g / ½ cup crème fraiche (see Note)
120g / ½ cup whole milk
250g / 1¼ cups vegetable oil
1 tbsp vanilla extract
315g / 2¼ cups all-purpose flour
2½ tsp baking powder
½ tsp baking soda
½ tsp kosher salt
1 tbsp ground cinnamon
2 tsp ground ginger
1 tsp freshly grated nutmeg
130g / 1 cup tightly packed peeled and shredded carrots
Fresh fruit or chopped, toasted walnuts for garnish

1. At least 4 hours in advance, make the frosting: In a small saucepan, bring the apple juice concentrate to a boil; decrease the heat to medium-low and simmer for 20-to-25 minutes, or until the juice reduces to ¾ cup [180ml]. It will thicken up, become syrupy, and boil a lit-

ADVERTORIAL

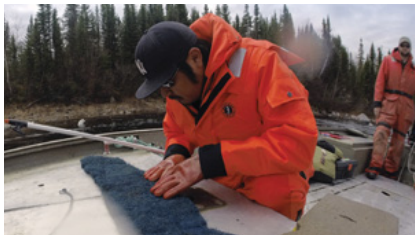
Hydlo and FRIENDS Online

Lake Sturgeon and Their Natural Spawning Grounds

Nameuch Kayeh Aniteh E Âmîtwâu

A new video at **www.hydloandfriends.com**

Sam-Henry Trapper, worker



Leslie Tent, worker

Gordon H. Blackned, tallyman
Trapline R13, Waskaganish

Rupert River

On the Rupert River, the spring and fall ecological minimum flow regime was put in place to help fish spawn. All along the river, teams measure sturgeon spawning success in natural spawning grounds by assessing their physical condition and counting the number of eggs.

To watch the video, visit
www.hydloandfriends.com

Each month, a new video will be added to www.hydloandfriends.com. To learn more, listen to the Hydlo and Friends radio show on JBCCS. Its hosts, Luke MacLeod and Luc Duquette, discuss the environmental follow-up activities related to the Eastmain-1-A/Sarcelle/Rupert project, as well as the concerns of land users with regard to Hydro-Québec's facilities and activities.

Next show:
Wednesday, May 13,
at 8:00 a.m.

tle slower as it reduces. Watch out that it does not over-boil or burn; you may need to decrease the heat as it thickens. To check to see if it is reduced enough, every now and then pour the juice into a measuring cup to measure it; if it is not ¾ cup [180ml], pour it back into the saucepan to continue to simmer and reduce until it measures out to ¾ cup [180ml]. Remove from the heat, transfer from the pan into a bowl, and cool in the refrigerator until cold to the touch.

2. Using a stand mixer fitted with the whisk attachment (or an electric hand mixer), whip the cream cheese and ½ cup [120ml] of the reduced apple juice concentrate on medium speed for 2-to-3 minutes, or until it is light and fluffy, scraping the bowl occasionally with a rubber spatula to get all of the cream cheese whipped up. (Reserve the rest of the apple juice for another use such as adding it to oatmeal or drizzling on ice cream, or discard.) Slowly drizzle in the cream and beat on medium speed for 1-to-2 minutes, or until the cream thickens and combines with the cream cheese mixture. Add the cinnamon, vanilla, and salt and mix until well combined. Scrape the frosting into an airtight container and refrigerate for at least 4 hours or up to 3 days. The frosting needs to firm up before you can use it. You will have about 4 cups [960ml] of frosting.

3. To make the cake: Place a rack in the centre of the oven and preheat to 350°F [175°C]. Butter and flour two 8-in [20-cm] round cake pans, or butter the pans and line the bottoms with parchment paper.

4. Put the walnuts on a baking sheet and toast for 8-to-10 minutes, or until lightly toasted. Set aside to cool.

5. Put the raisins and sultanas in a small bowl and pour hot water over to cover. Let sit for 30 minutes, then drain.

6. In a medium saucepan, combine the apple juice concentrate and the juice from the pineapple chunks. Chop the pineapple into small pieces and set aside in a bowl. Bring the juices to a boil over medium-high heat, decrease the heat to medium-low, and simmer for 20-to-25 minutes, or until the liquid reduces to ¾ cup [180ml]. It will thicken up, become syrupy, and boil a little slower as it reduces. Watch out that it does not over-boil or burn; you may need to decrease the heat as it thickens. To check to see if it is reduced enough, every now and then pour the juice into a measuring cup to measure it; if it is not ¾ cup [180ml], pour it back into the saucepan to continue to simmer and reduce until it measures out to ¾ cup [180ml]. Remove from the heat, transfer to a bowl, and cool in the refrigerator until cold to the touch.

7. In a large bowl, whisk together the apple juice concentrate, eggs, crème fraîche, milk, vegetable oil, vanilla, and reserved chopped pineapple until well combined. In a medium bowl, stir together the flour, baking powder, baking soda, salt, cinnamon, ginger, nutmeg, carrots, raisins, sultanas, and walnuts. Add to the egg mixture and fold together with a rubber spatula until well combined.

8. Scrape the batter into the prepared pans, dividing equally. Bake for 35-to-45 minutes, or until the cakes are light brown (they won't colour as much as a full-sugar cake) and spring back when you touch them in the centre with your finger. They will not dome very much, if at all. Remove the cakes from the oven and let cool on a wire rack until you can pop them out of the pans. When the cakes are completely, totally cool (if they are at all warm, the frosting will melt off and it will be a mess), remove them from the pans. Using a long serrated knife, trim the tops of the cakes so they are level (they don't usually round too much but it's nice to level them off if they do). Place one cake on a plate or cake pedestal (use a cake turner if you have one), and spoon about 1 cup [240ml] chilled frosting on top; using an offset spatula, spread the frosting evenly all the way to the edges of the cake.

9. Carefully place the second cake on top of the first cake (place it upside down so the even, sharp edges will be on the top of your finished cake), and spoon about 1 cup [240ml] frosting on top. Spread the frosting thinly to the edges and down the sides of the cake, smoothing it as well as you can and covering the entire cake with a thin layer of frosting. This layer of frosting is called a crumb coat; it keeps loose crumbs from migrating to the surface of the finished cake. (At this point, it helps to refrigerate the cake for about 15 minutes to help set the crumb coat; it's not crucial but if you have time, it makes frosting a little easier.)

Get Ready for Golf Season with BEESUM BUNDLES - Golf Tournaments 2015

The Nation magazine and Beesum Promotional Items are teaming up to offer you a great deal to maximize your Golf Tournament promotion and to bring you the lowest prices on all of the promo items you'll need for this golf season!

For the special price of $1,999 get 1 Full Page Ad to promote your event in the Nation + 1 Geo-Targeted Web Ad (30,000 impressions) and receive a 5% rebate on your order of Promotional items from Beesum Promo.

To order or for a free quote:

Beesum@Beesum-Communications.com

514.272.3077

www.nationnews.ca

We can customize anything!

Beesum communications

the Nation
www.nationnews.ca

10. When you are done with the crumb coat, spoon a heaping 1 cup [240ml] frosting on the cake and spread it evenly across the top and sides again. This is the final finishing layer of frosting. Fill a piping bag fitted with a small round tip with the remaining frosting, and pipe a border around the bottom of the cake, if you wish, or pile it on top of the cake.

11. The cake can be stored in an airtight container in the refrigerator for up to 2 days. Any longer than that and the frosting will get softer and may slide off of the cake. Remove the cake from the refrigerator 2-to-3 hours before serving, garnish with fresh fruit or chopped nuts, and serve the cake at cool room temperature

Note:

1. How to make crème fraîche. You can buy crème fraîche in many supermarkets, but there's really no need. It's really easy to make and is one of my favourite baking ingredients. Simply place 960g / 4 cups of heavy cream into a container, add about 60g / ¼ cup of buttermilk, and stir to blend. Cover and leave the cream mixture at room temperature in a warm area of your kitchen for at least 12 hours. Then, stir the cream with a wooden spoon for 15 to 20 seconds. If it has not thickened, cover again and return to a warm place for another 3-to-4 hours. Check again and keep stirring until it thickens. Once it has thickened, you have successfully made crème fraîche! Store it in the refrigerator until ready to use; it will keep for up to 3 weeks. To make more, you can use the crème fraîche that you have in place of the buttermilk in the basic recipe: take 960g / 4 cups of heavy cream, add about 60g / ¼ cup of crème fraîche, and follow the directions. Once you have crème fraîche in your refrigerator, keep making it so you will always have it. Use it instead of heavy cream in cooking and instead of sour cream in baking and eating.

photo by Colin Clark

Author Joanne Chang

EMPLOYMENT NOTICE

the Nation
www.nationnews.ca

Junior Journalist/ Production Assistant

Job Description:

The student will learn the basics of the editorial and administrative sides of a newspaper. Under the supervision of the Editor-in-Chief and the News Editor, the student will be assigned to cover news or sports stories, write feature stories, do research and conduct interviews.

Attending editorial board meetings, assisting the production coordinator with the overall production of the paper, and archiving are some of the other tasks that will be introduced.

In addition, the student will be asked to do some research such as updating contact information, and media liaisons as well as representatives for different organizations and businesses. The applicant will be asked to do weekly phone calls to different communities for research purposes.

This is a good opportunity for a student to apply journalism skill sets and to have work published. The successful applicant will also be a part of the inner workings of a news magazine.

The applicant must be punctual, able to work well and communicate easily with others, and be able to organize themselves.

The student should also have a good grasp of written and spoken English. Knowledge of French and Cree is an asset. Ability to work within the Nation journalistic team is a must.

Duration of Employment:
Start date: May 1, 2015
End date: August 21, 2015
Competition ends on April 27th.

Please submit your CV by emailing Sarah Wenaus at:
sarah@beesum-communications.com

Back in the game

by Xavier Kataquapit

I am sitting here feeling sorry for myself. After a rigorous game of road hockey tonight, it occurred to me that I am getting old.

When my friends Jack and Brynn asked me to join them in a friendly game with a few friends, I did so without hesitation. Last time I had done something like this was about 20 years ago. At the ripe old age of 38, my brain was still thinking I was in my late teens. My body let me know very quickly that it was realistically feeling 38.

At first it felt great to be running along with these young kids and showing them I could still move quickly and dazzle them with a few of my favourite stick handling, passing and special plays. For the first little while, I think I actually impressed them. Then everything started to fall apart and the next thing you know, I was volunteering to stand still and play goalie.

In the little courtyard under the stars buffeted by a strong wind off the nearby farm fields, I did my best to keep up with the younger ones. It brought back a lot of memories to be facing dedicated players trying to get a few shots by me. Every once in a while, I would decide to get a burst of speed and run as fast as I could, stick handling the rubber ball. Most of the time, I was just gasping and trying to catch my breath.

Suddenly, it dawned on me while standing at goal trying to take a discrete break, that I had experienced this scene many times before but in a different way. When I was a teenager in Attawapiskat, I recall my friends and cousins Lindy, Thomas, Anthony, Joey, Terry, Mike, Hubert and three to four lines of Kataquapit boys of varying ages, playing their hearts out at the local gymnasium in the old JR Nakogee school.

Many times, we were joined by some of the old guys, or what we thought were old guys. Physically fit middle-aged men, like Henry Kataquapit, Chis-teh-mah-oo (a Cree name that translates as tobacco) and Pepe, would join us and we were impressed at how fast they were and what a physical game they played. Often, what they lacked in speed, they compensated with hard checks, a rough game and more efficient plays.

I imagine there were a few times tonight when Jack, Brynn and their friends were surprised that this heavy middle-aged Native with a long ponytail was able to put on a burst of speed and come up with a few tricky plays. Then again, maybe all that laughter I heard had to do with my gasping for air and heading to the goal net for a break.

This fast-paced game of road hockey reminded me of just what fantastic shape those middle-aged guys were in that I played with so long ago. They would join us three or four times a week for very intense games that lasted for an hour or two. The best thing about those games was that no matter how competitive they were we all had some good laughs and went home feeling a really good kind of tired.

Tonight was much the same for me. I drove back to my place feeling exhausted yet exhilarated. I was happy for just spending an hour chasing a little ball around on a road with some fun company. It was like a bit of meditation. It also reminded me that I have to eat better and move more.

Too many First Nation people are like me with a less-than-perfect diet and not enough exercise. We are paying for these choices with heart disease and diabetes. I plan to get back to some better food choices like veggies with a boiled egg, beans, lentils and chickpeas. I am doing my best to stay away from soda and rich sugary desserts.

If I can get back on track, I am hoping that I will be at least in as good shape as Henry, Chis-teh-mah-oo and Pepe were when I played ball hockey with them so long ago.

Centraccès Formation

Training the Trainers & Computer Training Center

Knowing - Discovering - Sharing

Since 1999

Take advantage of the Training Capsules

www.centracces.com

☎ **819-824-8884**

The Board of Compensation and CREECO
are proud to announce their

THIRD ANNUAL

Golf Classic

THURSDAY, JUNE 18,2015

Club Sports Belvedere, Val d'Or.

For the benefit of Willie's Place, a drop-in center for the Aboriginal homeless people in collaboration with CAAVD

Hole in one prizes

100 000$

Sponsored by BoC & CREECo

8:30AM Registration
11:00AM Shotgun Start
4 Person Scramble
18 hole Tournament

SUV Sponsored by:

HONDA de Val-d'Or

Boat & Quad Sponsored by:

Gauthier Marine

for online registration visit:

www.boc-creeco-golf.ca

golf@boc-creeco.ca

Call Us: 418.745.3931

Ask for Blanche Awashish

airCreebec

Gestion ADC

VALPIRO

Quality Inn & Suites by Choice Hotels Val-d'Or

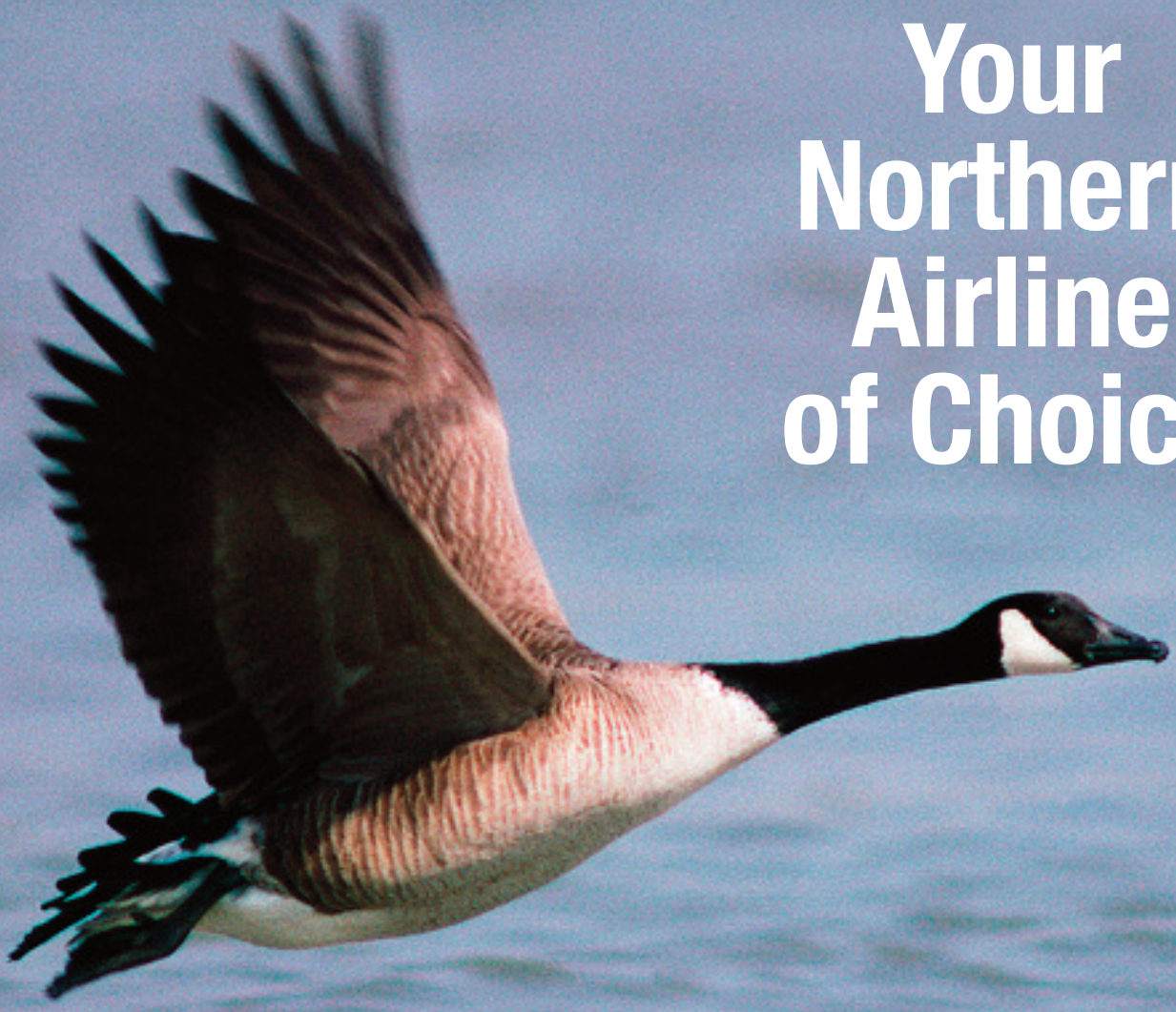
CREECO is the holding company for:

CREECO DUMAS

We offer discounted rates and seat sales.*

For information, reservations, or charters
call: 1-800-567-6567 or visit: www.aircreebec.ca

Your Northern Airline of Choice



airCreebec

*certain conditions apply to seat sales